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Reserve

## USDA BULLETIN BOARD

Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, in the Department of Agriculture's portion of the National Farm and Home Hour, Friday, July 30, 1943, over stations associated with the Blue Network.

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KADDERLY: In Washington, we're ready to look at the Bulletin Board....with Ruth Van Deman.

VAN DEMAN: I'd like to add a postscript to the news I gave you yesterday about the fats and oil supply for civilians. According to the way things look now, we'll have about 5 pounds a person less of fats and oils this year than we did in 1942. That's 80 ounces. Or spaced out over the 365 days of the year, only about 2 tenths of one ounce a day.

Well, with care each one of us ought to be able to save that much fat....by just being thrifty with what's going to waste now on our plates or in the kitchen.

A friend told me recently that to her chagrin when she overhauled her refrigerator, she found five jars of fat saved from cooking. She'd meant to turn them in for salvage, but...and she apologized to her country when she said it...one big jar full had molded and had to be thrown into the garbage can.

The other day the point value on butter was increased 2 points a pound. Well, we can ease some of the pressure on our short butter supplies by wasting no edible fat of any kind.

I have here a folder prepared by the Bureau of Human Nutrition and Home Economics. It's called "Fats in Wartime Meals". I'd like to give you a few pointers from it.

Cut your servings of table fat to half to three-fourths the usual size, to save plate waste. Good fat-saving manners in wartime decree "direct from serving plate to toast."

"Spread" the spreads by mixing them with salad dressing. Or whip them up with gelatin and milk, or milk alone. But use these mixed spreads promptly. They soon get a "cheesy" taste.

Be thrifty with salad dressings. Add them at the last minute, at the table if possible.

If you'd like a copy of this folder called "Fats in Wartime Meals," address a post card to Home Economics, U. S. Department of Agriculture, Washington, 25, D. C.

KADDERLY: Ask for the folder called: "Fats in Wartime Meals".

Now, let's see what's doing in the markets.

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